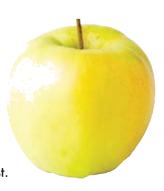


Apple Varieties Grown in Connecticut

AUGUST

GingerGold

Sweet, tangy and juicy. Round with a smooth green-yellow skin that has a slight red blush. Discovered in 1969 in a Virginia orchard. Possible cross between a Golden Delicious and a Pippin. Ripens mid-August.



Jersey Mac

Bright red with yellow highlights. Good eating apple with aromatic, medium-firm flesh. Introduced in 1971. Ripens mid-August.

Paulared

Solid red, with tart flavor. Equally good for cooking and eating. A relatively new apple (1968). Ripens in late August.



SEPTEMBER

Macoun

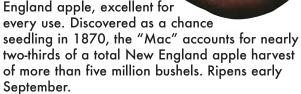
With their wine-red color with gold accents, Macouns are highly regarded for their aroma and sweet-tart, juicy flavor. Excellent for snacks and desserts and good forall culinary uses.



Developed in 1909 from Jersey Black and McIntosh parents. Ripens in mid-September.

McIntosh

Especially juicy, slightly tart, and the most aromatic of all apples, with two-toned red and green skin. McIntosh is the quintessential New



Gala

Red-orange, with yellow stripes. A sweet crisp flavor and texture. Very good for salads and sauces. Introduced in 1934. Ripens in late September.



SEPTEMBER

Cortland

A larger apple good for baking, with a deep, purple-red color. Moderately juicy and fairly sweet. Their white flesh doesn't brown when sliced so Cortlands are a standout for fruit salads, dipping in



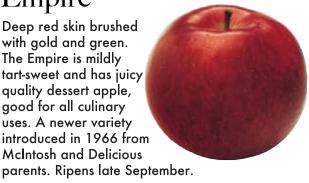
toppings, or eating with a plate of sharp cheddar cheese. Developed in 1898, across between a McIntosh and Ben Davis. Ripens late September.

Ida Red

Bright golden red. Their tangy taste mellows at maturity. Excellent for snacks and all culinary uses. Developed in 1942. Ripens in late September.

Empire

with gold and green. The Empire is mildly tart-sweet and has juicy quality dessert apple, good for all culinary uses. A newer variety introduced in 1966 from McIntosh and Delicious



Pippin

Green with yellow highlights. Tangy sweet. Best for cooking and baking. Dates back to 1700. Ripens in September.

HoneyCrisp

Deep red over yellow skin. Produced from a 1960 cross of Macoun and Honeygold. Exceptionally crisp and juicy texture. Its flesh is cream colored and coarse. A large apple excellent for desserts. Ripens late September.



Spartan

Red and green skin. Juicy, tart-sweet taste is good for snacks and salads. Introduced in 1936. Ripens in late September.



Portions of this brochure was graciously provided by the New England Apple Assoc. www.newenglandapples.org

Visit our website at: www.ctapples.com Produced by The Connecticut Apple Marketing Board. In cooperation with the Connecticut Department of Agriculture Marketing Division. (860) 713-2503



OCTOBER

Fuji

Red blush with green and yellow stripes. Crisp, firm, juicy flesh. Developed in Japan in 1939. Ripens in October.



Jonagold

Bright red with gold. Crisp and juicy, Jonagolds are good fresh, in salads, and for cooking and baking. Introduced in 1968 from Golden Delicious and Jonathan parents. Ripens early October.

Eastern Red Delicious

The unique shape of this red apple tapers to a five-knobbed base. Sweet, tender and juicy. Best for crunching out of hand and in fruit cups and salads. Developed in 1872, Red Delicious is America's most plentifully grown apple. Ripens early October.



Golden Delicious

Golden or light-green, with pink blush. Tender, mellow, sweet. Wonderful fresh and in salads. Developed in 1912. Ripens in October.

Rome

A medium large, bright red, round apple with a slightly tart taste. Rome is considered one of the finest baking apples available. First propagated from seed in 1828. Ripens mid-October.



Liberty

Green-yellow skin with a red semi-stripe. Flesh is cream-colored, sweet and juicy. Introduced in 1978, a cross between a Macoun and Purdue. An all-purpose apple. Ripens in early October.

Crispin (Mutsu)

Greenish yellow to yellow. Good for cooking. Introduced in U.S. in 1968. Ripens mid-October.



Baldwin

Pale greenish-yellow flushed with purplish-brown. Juicy, with trace of sweetness. Stores extremely well. Developed in Massachusetts in 1740. Ripens mid-October.

Northern Spy

Large red and green skin, spicy tart flavor. A favorite for apple pies. Developed in 1800. Ripens late October.

RECIPES

Apple Pie (Serves 8)

1st Place winner in the CT Two-Crusted Pie Final!

3 C flour 3/4 tsp. baking powder 1C butter-flavored shortening 5-7 T cold milk

1 1/2 tsp salt 2 T brown sugar 1 T vegetable oil 1 egg white for garnish

Sift dry ingredients together twice. Cut in shortening. Sprinkle in oil then milk one tablespoon at a time, mixing well after each addition with a pastry fork. Combine to form a ball of dough and divide it to make a top and a bottom crust.

Filling:

1 C sugar 2 T butter 3/8 tsp cinnamon 4 T cornstarch 4 Golden Delicious* 1/4 tsp nutmeg 6 Cortland Apples*

1/4 C orange juice (to prevent discoloration)

Sift dry ingredients. Peel and chop apples into pieces. Splash them with orange juice and mix to prevent discoloration while chopping. Combine dry mixture with apples and turn into pastry lines pan. Pack in firmly. Dot with butter. Cover with top crust, seal edges and make holes for steam to escape. Garnish as desired (may use egg white to make shine). Bake at 375 degrees for 1 hour. Cover with foil to prevent discoloration after 20-30 minutes of baking as needed.

* # varies with size of apples

Cinnamon Apple Muffins (Makes one dozen)

1 ½ C flour 1/3 c butter, melted 3/4 c sugar 1 egg slightly beaten

1 ½ tsp baking powder ½ c milk

1 c finely chopped apple 1 tsp ground cinnamon

Heat oven to 375 degrees. Combine dry ingredients in bowl. Add remaining ingredients to dry mixture. Stir just until flour is moistened. Spoon batter into greased muffin pan or use papers. Bake 18-23 minutes or until lightly browned. Let stand five minutes, remove from pan.

Crunchy Apple Salsa with Grilled Chicken (Serves 4)

2 C Gala apples, halved, cored and chopped

3/4 C (1 large) Anaheim chile pepper, seeded and chopped

1/2 C chopped onion

1/4 C lime juice

salt and pepper to taste

Marinade:

1/4 C dry white wine

1/4 C apple juice or fresh cider

1/2 tsp grated lime peel

1/2 tsp salt dash pepper



4 medium boneless, skinless chicken breasts

Combine salsa ingredients and mix well; allow flavors to blend about 1/2 hour. Serve over or alongside grilled chicken. Makes 3 C salsa. For grilled chicken combine marinade ingredients, pour over chicken breasts. Marinate for 20-30 minutes. Drain and grill over medium-hot coals, turning once, until chicken tests done.

Basic Apple Sauce (Makes 3 cups)

8 medium sized apples 1/2 tsp cinnamon

1/2 C water 1 tsp salt 1/2 C (or more) brown sugar 1 T reconstituted lemon juice

Core and dice apples; place in sauce pan, add water and salt, simmer

until soft. Press through sieve or food mill; add cinnamon, salt, lemon juice and add sugar to taste. Stir until dissolved. Serve hot or cold.

Apple Crisp (Serves 6)

4 C sliced Cortland apples 1/2 C sugar

crisp and brown.

Topping: 1 C brown sugar 1 C rolled oats

1 1/4 C flour 1/2 tsp salt 1/3 C shortening

1/2 tsp cinnamon 1/2 C butter Place apples mixed with sugar and cinnamon in the bottom of a greased 10" x 6" x 1/2" baking pan. Combine brown sugar and sifted flour, oats and salt in a bowl. Cut in butter and shortening as for pastry and sprinkle over the apples. Bake at 375 degrees for 40 minutes or until

USAGE CHART means particularly good for that use; means excellent. Variety Flavor Eating Salad Sauce Pie Baked **Baldwin** Sweet - Tart Cortland Sweet - Tart Crispin **Sweet Empire** Sweet - Tart Fuji **Sweet** Gala Sweet Ginger Gold Sweet - Tart Golden Delicious Sweet Honeycrisp Sweet - Tart IdaRed Sweet - Tart Tangy Jersey Mac Jonagold Liberty **Tart** Macoun Sweet McIntosh Sweet - Tart Northern Spy Tart **PaulaRed Tart Pippin** Tangy Sweet **Red Delicious Sweet** Rome Tart Spartan Sweet - Tart

Handle with care!

Handled and stored properly, unbruised apples have a storage life of 90 days or more. Follow these suggestions for getting the most out of your apples:

- Choose apples that are bruise-free and firm to the touch. Bruised apples can decay quickly.
- Handle apples gently to prevent bruising and skin damage.
- Store apples in the refrigerator—they'll last up to ten times longer than if left at room temperature.
- Apples absorb odors easily, so keep them away from foods with strong odors.

